



UNDERSTANDING OUR DESIRE TO BELONG

Clues about our primal desire to belong can be found in how we relate to the world around us. We can look through our family lineage, DNA, ethnicity, childhoods, family traumas, our parents' personalities, what our ancestors were good at, and how they struggled, in order to self-understand, and bring meaning to our current lives. Our beliefs about whether we belong inform our actual sense of belonging. Check in with your beliefs and tweak where needed.

How vulnerable are you willing to be with others?

What are you willing to risk to be in community?

How can you release your lone-wolf status?

What's the worst that can happen when you share your innermost self?

What might you stand to lose or gain if you felt like you belonged?

What obstacles have you faced in community or relationship which put you off of seeking it now?

Are you a dedicated listener? Do you feel heard?

How can you set yourself up for success within community?

What has prevented you from being successful in community? What was your part in that?

What did you need that you didn't seek out or weren't given?

How do you want to know others? How would you like to be known?

How do you recognize and handle someone who has been triggered?

How would you like to be handled when an issue comes up?

What kind of community structure would be helpful to you?

What is your superpower in community? What do you have to give? What do you want to receive?

What does being in community and belonging require of you?

What are your fears about belonging really around?

What are your fears about community really about?

*Gather together like sacred reeds
to create a basket for safe containment*